

FEBRUARY 2019

HOSPICE HAPPENINGS

HOPE HOSPICE & PALLIATIVE CARE, INC.



AMERICAN HEART MONTH

February is American Heart Month. Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day. This month, we are highlighting Million Hearts™, an initiative dedicated to preventing the nation's leading killers and empowering everyone to make heart-healthy choices.

We can fight back against heart disease and stroke.

Launched in September 2011 by the Department of Health and Human Services (HHS), Million Hearts™ is a national initiative that aims to prevent 1 million heart attacks and strokes in the U.S.

Take the Million Hearts™ Challenge Today

Prevention starts with everyone. Protect yourself and your loved ones from heart disease and stroke by understanding the risks and taking these steps

Drive the initiative by challenging your family and friends to take the Million Hearts™ pledge at <http://millionhearts.hhs.gov>.

- Get up and get active by being physically active for at least 30 minutes on most days of the week.
- Know your ABCS:
- Ask your doctor if you should take an Aspirin every day.
- Find out if you have high Blood pressure or Cholesterol, and if you do, get effective treatment.
- If you Smoke, get help to quit.
- Make your calories count by eating a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fat.
- Take control of your heart health by following your doctor's prescription instructions.

Together, we can all be one in a million this Heart Month and every month. To learn more, visit <http://millionhearts.hhs.gov>.

STATISTICS FOR 2018

126 DEATHS

132 ADMITS
3 PALLIATIVE CARE PATIENTS

8 LIVE DISCHARGES

8,798 TOTAL DAYS OF SERVICE TO CLIENTS

49 STAYED IN A SKILLED NURSING FACILITY
10 STAYED IN AN ASSISTED LIVING FACILITY
73 STAYED AT HOME

66 FEMALE

66 MALE

<u>AGE</u>	<u>MONTH</u>	<u>DAY OF WEEK</u>	<u>INSURANCE</u>
40-49-2	January-14	Sunday-7	Commercial-7
50-59-8	February-8	Monday-10	Medicaid-4
60-69-14	March-15	Tuesday-20	Medicare-117
70-79-20	April-10	Wednesday-27	Other (VA)-4
80-89-40	May-9	Thursday-20	
90-99-47	June-10	Friday-35	
Greater than100- 1	July-11	Saturday-13	
	August-10		<u>DIAGNOSIS</u>
	September-7		Cancer-38
	October-15		Heart Disease-35
<u>LENGTH OF STAY</u>	November-12	<u>COUNTY</u>	Lung Disease-18
Less than 30 days-77	December-11	Clark-25	Dementia-17
31-90 days-35		Marathon-8	Malnutrition-10
91-180 days-7		Price-8	ALS-2
181-240 days-6		Rusk-28	MS-1
241-364 days-7		Taylor-63	Other-11

VOLUNTEER HOURS FOR 2018

BEREAVED HOURS	PATIENT CARE HOURS	OFFICE HOURS	OTHER HOURS (Fundraising, education)	TRAVEL HOURS	TOTAL HOURS	DONATED MILES TO DATE	TOTAL VISITS	PAID MILES TO DATE
5.25	461.9	5.75	50	189.25	712.15	2950.25	416	6332

THANKS TO ALL OUR VOLUNTEERS FOR THE KINDNESS AND SUPPORT THEY GIVE TO OUR PATIENTS AND THEIR FAMILIES. WE ARE PROUD TO HAVE YOU AS A PART OF OUR TEAM.

Fun Facts and Cliches About Your Heart

- ✕ It beats 4,000 times an hour.
- ✕ It weighs approximately 11 ounces.
- ✕ It takes 20 minutes for blood to travel the cardiovascular circuit.
- ✕ It's just a little larger than your fist.
- ✕ Each heartbeat pumps a half-cup of blood.
- ✕ Blood travels through 62,000 miles of veins, arteries and capillaries.

■ *The heart has been used as a symbol of love and generosity In songs, poetry and speech inaccurately:*

- (a) You can't break a heart although you can be "heartbroken".
- (b) All hearts are basically the same size and someone who is "big hearted" is generous.
- (c) You can't wear "your heart on your sleeve" although you can be obvious about feelings.
- (d) A heartache can medically be chest pains, but they are usually due to a loss of someone's love.
- (e) Since your heart is located behind your ribs, it can't feel anything. So if something is said to be "heart felt" it is merely sentimental.
- (f) A "hearty" meal is one that is a lot of food and is more focused on the stomach.
- (g) A "heart-stopping" situation usually makes one stop breathing for a second. But your heart keeps on beating even if you hold your breath a few seconds.
- (h) In the old days to have a change of heart meant to change your mind. Ironically, in this new era, with heart transplants, one literally can change their heart. :)

UPCOMING EVENT

ANNUAL FISHBOIL FUNDRAISER

APRIL 26, 2019

We need 20 volunteers, please call the office to sign up 715-748-3434

What is Love?

Here are what some kids ages between 5 and 10 say:

CONCERNING WHY LOVE HAPPENS BETWEEN TWO PARTICULAR PEOPLE:

"No one is sure why it happens, but I heard it has something to do with how you smell. That's why perfume and deodorant are so popular." (Jan, 9)

ON WHAT FALLING IN LOVE IS LIKE:

"Like an avalanche where you have to run for your life." (Roger, 9)

"If falling in love is anything like learning how to spell, I don't want to do it. It takes too long." (Leo, 7)

ON THE ROLE OF GOOD LOOKS IN LOVE:

"If you want to be loved by somebody who isn't already in your family, it doesn't hurt to be beautiful." (Jeanne, 8)

"It isn't always just how you look. Look at me, I'm handsome like anything and I haven't got anybody to marry me yet." (Gary, 7)

"Beauty is skin deep. But how rich you are can last a long time." (Christine, 9)

CONCERNING WHY LOVERS OFTEN HOLD HANDS:

"They want to make sure their rings don't fall off because they paid good money for them." (Dave, 8)

CONFIDENTIAL OPINIONS ABOUT LOVE:

"I'm in favor of love as long as it doesn't happen when 'The Simpsons' is on television." (Anita, 6)

"Love will find you, even if you are trying to hide from it. I have been trying to hide from it since I was five, but the girls keep finding me." (Bobby, 8)

"I'm not rushing into being in love. I'm finding fourth grade hard enough." (Regina, 10)

THE PERSONAL QUALITIES NECESSARY TO BE A GOOD LOVER:

"One of you should know how to write a check. Because even if you have tons of love, there is still going to be a lot of bills." (Ava, 8)

SOME SUREFIRE WAYS TO MAKE A PERSON FALL IN LOVE WITH YOU:

"Don't do things like have smelly, green sneakers. You might get attention, but attention ain't the same thing as love." (Alonzo, 9)

"One way is to take the girl out to eat. Make sure it's something she likes to eat. French fries usually work for me." (Bart, 9)

WHAT MOST PEOPLE ARE THINKING WHEN THEY SAY "I LOVE YOU"

"The person is thinking, Yeah, I really do love him. But I hope he showers at least once a day." (Michelle, 9)

HOW TO MAKE LOVE ENDURE:

"Spend most of your time loving instead of going to work." (Tom, 7)

"Be a good kisser. It might make your wife forget that you never take out the trash." (Randy, 8)



BIRTH FLOWER

BIRTH STONE



FEBRUARY 2019

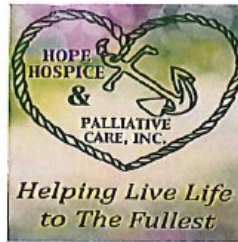
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 PAYDAY	2 GROUND HOG DAY 
3 SUPERBOWL	4	5 ALL STAFF MEETING 1PM CPR RECERT	6	7 IDT meeting 8 AM	8	9
10	11	12	13	14 VALENTINE'S DAY 	15 PAYDAY	16
17	18 BOARD MEETING 4:30 PM 	19	20	21 IDT meeting 8 AM	22	23
24	25	26	27	28		

AMERICAN HEART MONTH

Hope Hospice and Palliative Care, Inc.

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Medford, WI 54451
Phone: 715-748-3434
Fax: 715-748-1268
Toll Free: 877-375-0919

EMAIL: info@hhospice.com
WEBSITE: www.hhospice.com



Ladysmith, WI
Phone: 715-532-0173
Medford, WI
Phone: 715-748-3434
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Greetings from Hope Hospice and Palliative Care,

You are receiving this letter due to being a past donor, volunteered, or have had experience with Hope Hospice and Palliative Care, INC personally with your family.

Hope Hospice and Palliative Care, INC is a non profit, independent, freestanding Hospice that is here in your local community since 1985. As you may know, there is no one like us out there. We strive for excellence and center our funding from donations to continue to provide care to our clients needing specialized equipment or to be able to help them meet their goals before their life ends.

Many individuals state "I never knew what Hope Hospice was about until now" when the family is experiencing our care. I am asking you to consider to let others know about Hospice before they needs us so an individual is more prepared when faced with these decisions.

Hope Hospice and Palliative Care is also reaching out to you to come to our ANNUAL FUNDRAISER that will be held at CHELSEA CONSERVATION CLUB on FRIDAY APRIL 26, 2019 AT 4PM. We will be cooking up a fishboil and other food items including BBQ as well. Hope Hospice will be having raffles and door prizes throughout the evening as well.

If you would like to give a monetary donation to support Hope Hospice, we would be honored to receive this for the continued care of our clients as well.

We are also looking for items to be donated for the raffles and door prizes for the ANNUAL FISHBOIL on APRIL 26, 2019.

We are accepting items between now and the date of the fishboil.

You can drop off your crafty project or bought item at Hope Hospice office Monday through Friday 8am- 4pm. If you would like us to pick up the item, we would gratefully do this as well.

I thank you in advance for your continued support and would love to see you at our ANNUAL FUNDRAISER!

In gratitude,

Nicole Winchell, RN, BSN, CHPN
Executive Director
Hope Hospice and Palliative Care, INC
537 W Broadway Ave
Medford, WI 54451
715-748-3434

*Offering comfort and supportive care services for the terminally ill and their families since 1985.
We are proud recipients of:*



Hope Hospice & Palliative Care Annual Fundraiser

@ CHELSEA CONSERVATION CLUB
APRIL 26th, 2019

Featuring:

INTERWALD WANDERERS

FISH BOIL
(other food items available)

\$15.00
per person

BBQ PLATE

\$7.00
per person

*SERVING YOUR LOCAL
COMMUNITY SINCE 1985*



**SERVING BEGINS AT
4:00 PM UNTIL GONE**

- **RAFFLES ALL EVENING**
- **FISH BOIL TICKET RAFFLE**
- **WINNING TICKETS
DRAWN @ 9:00 PM**
NEED NOT BE PRESENT TO WIN

Music throughout the evening